

Fall Exercise Programs

****registration required****
Call early to reserve your spot!

Session runs for 16 weeks

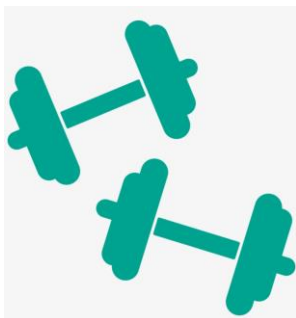
Mondays:

September 9th - December 16th

Thursdays:

September 5th - December 19th

Programs are run in the recreation room at 801 Mount Pleasant Road



Programs Include:

Chair-Based Gentle Exercise

Monday
10-11am

Heart Healthy Fitness

Thursdays
10-11am

All programs are free of cost.



Program Descriptions

Chair-Based Gentle Exercise: Strengthens muscles by using weights, balls and noodles while seated or standing.

Heart Healthy Fitness: Uses standing exercises to target each major muscle group while increasing cardiovascular endurance.

For more information or to register please contact April Powell,
Supervisor, Community Wellness at 416-481-0669 ext. 287

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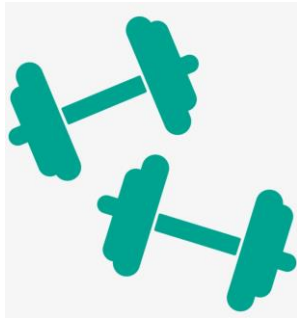
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